



Run Therapy: A Bitter Sweet Guide to Running, Evolution and Ice Cream

By Andrew Cohen

Fixed Stars Enterprises, United States, 2012. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****. Run Therapy: A Bitter Sweet Guide to Running, Evolution and Ice Cream is a short, personal parody of the zen and the art of. genre that doesn't quite succeed in not taking itself seriously. It's a tonic for all those who had hoped to get more out of running than they did. It wanders about, not entirely aimlessly, along one ordinary person's journey on foot through the lessons of history, evolution, quantum mechanics and ice cream. At times humorous, at others poetic, this small book tackles the big questions, and offers hope, encouragement and reasons to persevere with that seemingly indefensible folly: running. At the end, there is not just guiltless ice cream, but redemption, salvation and an invitation to some of life's greatest adventures.

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Reviews

Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.

-- **Dr. Therese Hartmann Sr.**

This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.

-- **Faye Shanahan**